

Cherries are stone fruits in the rose family like peaches and apricots. The name comes from a Turkish town named Cerasus. A cherry tree has about 7,000 cherries, which can make 28 pies. Michigan has over 4 million cherry trees and they celebrate with the annual National Cherry Festival. There's a cherry pit spitting contest and the world record was set in 2003 at 93 feet.

Knock knock.

Who's there?

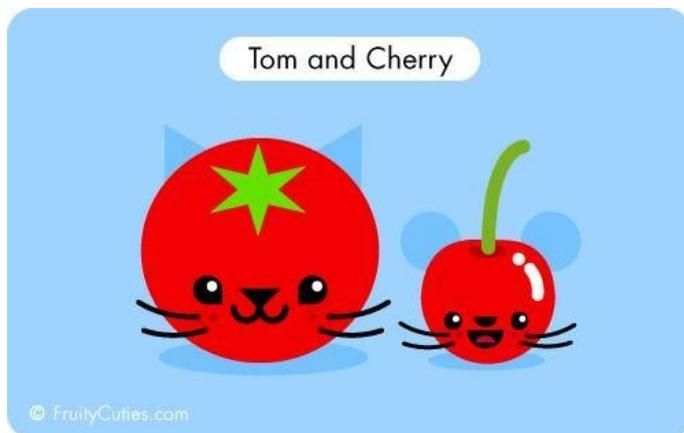
Cherry.

Cherry who?

Cherry oh. See you later.

What did the cherry tree say to the farmer?

Quit picking on me.



Cherry Pineapple Smoothie

Ingredients

1 cup cherries, frozen
1 cup pineapple, frozen chunks
1 cup orange juice
½ medium banana
½ cup plain Greek yogurt

Directions

Add orange juice to your blender first.
Blend all ingredients together until smooth.
Pour into glasses and enjoy!



Cherry Skillet Jam (makes about 1 cup)

Ingredients

1 pound fresh cherries, pitted and halved
3 tablespoons lemon juice
½ teaspoon lemon zest
¼ cup sugar
1 teaspoon cornstarch
2 tablespoon water



Directions

In a large skillet or frying pan, cook cherries, lemon zest, lemon juice and water on high heat until boiling. Reduce heat to medium and simmer about 8 minutes or until cherries are very soft. Add sugar and continue to cook

about 3 to 5 minutes longer, stirring frequently until mixture has thickened and most of the liquid has evaporated. Stir cornstarch into 1 tablespoon water and stir into the skillet. Boil for 1 minute while stirring. Let the mixture cool, then transfer to a container and refrigerate up to 5 days.

- Cherries are fat-free, cholesterol-free and sodium-free.
- One cup of cherries is less than 90 calories.
- One cup of cherries has 3 grams of fiber, which helps in digestion, lowers cholesterol, controls blood sugar and can help with weight loss.
- Cherries are a good source of vitamin C, with 16% of the daily recommended value in one cup.
- Cherries also contain vitamin A, calcium, protein and iron.
- Potassium in cherries keeps the body functioning healthy. One cup of cherries has 260 mg of potassium.
- Cherries are one of the top antioxidant-rich foods.
- Anthocyanins in cherries give the fruit its red color and help protect the heart and surrounding tissues.
- Boron in cherries helps maintain calcium balance and promotes bone health.
- Research has found that eating cherries reduces pain and inflammation associated with arthritis and gout.
- Cherries contain melatonin, which regulates sleep cycles.

Nutrition Facts

Serving Size 1 Cup Cherries (138g / 4.9oz)

Amount Per Serving

Calories 87

Calories from Fat 2

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrates 22g **7%**

Dietary Fiber 3g **12%**

Sugars 18g

Protein 1g

Vitamin A 2% • Vitamin C 16%

Calcium 2% • Iron 3%

*Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on your
calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g